

## A WOMAN'S WAY THROUGH THE TWELVE STEPS

**Dr. Stephanie Covington**

July 16, 2009  
**9:00 AM-4:00 PM**  
Registration begins at 8:30 AM

UC Center 550 E Shaw Ave  
Fresno, CA. 93710



Dr. Stephanie Covington is a clinician, author, organizational consultant, and lecturer. Recognized for her pioneering work in the area of women's issues, Dr. Covington specializes in the development and implementation of gender-responsive services. She has conducted seminars on addiction, sexuality, families, and relationships for health professionals, business and community organizations, and recovery groups in the US, Mexico, Europe, Guam, Africa & New Zealand. The seminars, both practical and sensitive in approach, provide attendees with a valuable opportunity to learn new skills for dealing with personal, institutional, and societal changes as we move into the twenty-first century.

*These events are provided at no cost through a contract with the Department of Alcohol and Drug Programs.*

Seating is limited and registration is required, registration closes 1 week prior to event or at capacity.

*If you need a disability-related reasonable accommodation, please contact brianna@caarr.org at least 3 weeks prior to event.*

FAX this completed form to Brianna #916 338-9468 no cover page necessary, you will receive confirmation of registration within 48 hours or you will be notified if event is already FULL.

Please register me/my team for :

☐ **A Woman's Way through the 12 Steps 7-16-09**  
**Lunch on your own**

**WHAT TO BRING????**  
Old magazine, scissors, glue stick

**COST ????**  
This event is provided at no cost to participants through a Technical Assistance contract with the Department of Alcohol and Drug Programs.

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Name

\_\_\_\_\_  
Name

\_\_\_\_\_  
Name

\_\_\_\_\_  
Organization

\_\_\_\_\_  
E-Mail Address

(\_\_\_\_\_) \_\_\_\_\_  
Phone #

Please e-mail /FAX confirmation of this registration to:

**PLEASE ALLOW 48 HOURS FOR CAARR TO RESPOND**  
**CAARR Office only: Confirmation # \_\_\_\_\_**

**If you register and cannot attend PLEASE LET US KNOW  
BY FAX AS SOON AS POSSIBLE.**

*A Woman's Way Through the Twelve Steps* When Alcoholics Anonymous (AA) was founded in 1935, most—if not all—of the participants were men. Women's use and abuse of alcohol and other drugs was hidden, along with the pervasiveness of domestic violence, incest, and other forms of abuse against women. In the past thirty years, however, we have developed a strong body of research about women's lives and women's addictions. We now know that about 30 percent of all addicts in the U.S. are women. Many women have entered recovery programs based on the Twelve Steps of AA, and we have discovered that women's needs in recovery and their pathways to recovery differ in some significant ways from those of men. This one-day training discusses some of these gender differences and presents the new trauma-informed 12-Step program materials that are anchored by *A Woman's Way through the Twelve Steps*, a book that has sold more than 250,000 copies. Now there is a facilitator guide and DVD to complement the popular book and workbook. The training offers practical guidance for conducting this thirteen-session curriculum of experiential exercises focused on the themes in each of the Steps (such as: letting go, acceptance, Higher Power, gratitude, making amends, and others).

Certificates for 6 hours of continuing education are available at no cost (for this event only) for the following providers of continuing education:

CAS #5001 CAADE #CP152790710 CAADAC #5-02-485-0510  
RAS# CEP060411325-CAR-CW-HE BBS #PCE2822